

**Power Panther™**  
says...

**be kind to your  
Heart on  
Valentine's day**

**Eat Smart.  
Play Hard.™**



**Food and Nutrition Service**

The USDA is an equal opportunity  
provider and employer.

[www.fns.usda.gov/eatsmartplayhard](http://www.fns.usda.gov/eatsmartplayhard)